

# Factsheet for Northern Ireland Coronavirus (COVID-19)



New measures have been introduced to help prevent the spread of coronavirus (COVID-19) and save lives.

## Stay at home

- ✓ Only go outside for food, medicine or medical equipment, one form of exercise or work (if essential)
- ✓ Stay 2 metres (6ft) away from other people.
- ✓ Wash your hands as soon as you get home.

## Keep your Distance

- ✓ Social distancing will help reduce the transmission of coronavirus by reducing the social interaction between people.
- ✓ Avoid contact with someone who is displaying symptoms of coronavirus - these symptoms include high temperature and/or new and continuous cough.
- ✓ Keep in touch using remote technology such as phone, internet, and social media.
- ✓ Use telephone or online services to contact your GP or other essential services.
- ✓ Information for business and venues - <https://bit.ly/2wxxRLf>

## COVID-19 Assessment Centres

**New centres are being set up** to help assess people suspected of having coronavirus.

**GPs will assess those with symptoms** and the most seriously ill will be transferred to specialist wards.

**Read more** -[www.bit.ly/2vRbqAf](http://www.bit.ly/2vRbqAf)

- These are **not** Covid-19 testing centres.
- **Do not visit** unless you have been referred to attend by your GP or GP out of Hours Centre.
- These centres are **only** for patients who are very unwell and who are suspected of having Covid-19.
- Patients referred to a Covid-19 Centre will be asked to put on a mask.

## Protecting 'at risk' patients

Those with **underlying health conditions which put them at higher risk** of severe illness if they contract coronavirus must stay at home to protect themselves. **This is called shielding** and helps protect extremely vulnerable people by minimising their contact with others. **GPs will soon be writing to around 40,000 people in Northern Ireland** who are most at risk to provide them with more detailed advice.

## Community Pharmacy

Community pharmacies are now open at different hours. They will open at 10am and close between 1pm and 2pm to help staff take a break, do a deep clean and restock supplies.

- ✓ **Only order medicines you need.**
- ✓ **Don't use or order any medicines that you haven't been prescribed.**
- ✓ **Allow extra time** to get your prescription.
- ✓ Medicines are being continually replenished, **there is no need to stockpile.**
- ✓ Be patient and kind to all staff.

## Reshaping services to help you

Everyone in health and social care is working very hard to help stop the spread of the virus and care for those who are ill.

**To help us do this we are reshaping services and changing the way we work.**

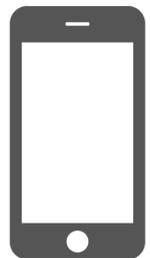
These include:

- **Prioritising the most vulnerable patients**
- **Reshaping hospital services**
- **Discharging medically fit patients**
- **Ending all general hospital visits - with some exceptions**
- **Closing all adult day services**
- **Increasing tests for the virus**
- **Providing more personal protection equipment and ventilators**
- **Private hospitals will be helping to deal with the impact of the pandemic**

Read more: [www.bit.ly/2UJKb34](http://www.bit.ly/2UJKb34)

## COVID-19 App

- A new mobile app is being developed to advise the public on coronavirus symptoms and treatment.
- More details will be made available soon.



## For the latest information and advice

[www.publichealth.hscni.net/news/covid-19-coronavirus](http://www.publichealth.hscni.net/news/covid-19-coronavirus)

[www.nidirect.gov.uk/campaigns/coronavirus-covid-19](http://www.nidirect.gov.uk/campaigns/coronavirus-covid-19)

[www.hscboard.hscni.net/coronavirus](http://www.hscboard.hscni.net/coronavirus)

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)